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"I love the book Mind Gym." -- Madison Kocian , 2016 U.S. Women's Gymnastics Team, 2015 Uneven Bars World Champion, as told to Us Weekly In Mind Gym , noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so.

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**Mind Gym by Gary Mack OverDrive Rakuten OverDrive**

"Mind Gym hits a home run. If you want to build mental muscle for the major leagues, read this book." If you want to build mental muscle for the major leagues, read this book." Ken Griffey Jr. , Major League Baseball MVP

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**Mind Gym by Gary Mack PhilosophersNotes Optimize**

We go to the gym to work out our bodies. But what about our minds? We need a mind gym!! This is one of the top books on mental training. Focused on athletes but we're all athletes in the bigger game of life.

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**Mind Gym Audiobook by Vance Avery**

I recommend you to listen to the full audiobook Mind Gym: Exercises, Inspirational Sports Quotes, and Motivational Stories from Underdog Athletes 2 in 1, free at our library. Two books, double the

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Book description: Praise for Mind Gym "Believing in yourself is paramount to success for any athlete. Gary's lessons and David's writing provide examples of the importance of the mental game." Ben Crenshaw

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**Mind Gym Book Review Bits of Positivity**

A book that probably every athlete would benefit by reading is Mind Gym: An Athlete's Guide to Inner Excellence by Gary Mack with David Casstevens.

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**Mind Gym Audiobook by Vance Avery**

Don't miss the opportunity to listen to the full audiobook Mind Gym, free at our library. Learn about the attitude, the mindset, and the psychology behind success in sports!

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**6 Lessons from Mind Gym by Gary Mack on runladylike com**

Mind Gym is a book full of powerful reminders of how we can all become better athletes by training our brains. Here are 6 takeaways from the book.

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Praise for Mind Gym "Believing in yourself is paramount to success for any athlete. Gary's lessons and David's writing provide examples of the importance of the mental game."

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### **Mind Gym Share book recommendations with your friends**

Mind Gym: An Athletes's Guide to Inner Excellence is a book that I would strongly recommend to anyone that has ever had experience with competitive athletics or general knowledge of sports.

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### **Mind Gym An Athlete's Guide to Inner Excellence Gary**

"I love the book Mind Gym." -- Madison Kocian , 2016 U.S. Women's Gymnastics Team, 2015 Uneven Bars World Champion, as told to Us Weekly In Mind Gym , noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so.

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Would you consider the audio edition of Mind Gym to be better than the print version? I actually feel that I could have learned more if I had read the book. What was your reaction to the ending?

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